



NEWS FROM BEMIS HALL

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June 2020



The Lincoln Council on Aging Monthly

Annual Town Meeting and Town Election

After much deliberation, the Town Moderator and the Board of Selectmen have decided to move ahead with plans for a June 13th Annual Town Meeting and June 15th Town Election. This article is an effort to outline the decision-making process and explain the procedural plans for Town Meeting and the Town Election.

Why are we proceeding on June 13th?

- The Board of Selectmen and Town Moderator have previously said that public health considerations, and the advice of our public health team, would govern the decision about when to hold Town Meeting.
- At the moment, the public health indicators are trending in the right direction.
- There is concern that as businesses begin to open up throughout the summer, there could be an increase in COVID-19 cases. This, in combination with the onset of the regular flu season in the fall could have an even greater impact on residents' health.
- Warmer weather allows us to plan for an outdoor Town Meeting and Town Election.
- The Lincoln Board of Health and our public health nurse support this decision.

Is it legal?

- Although there is a general prohibition against gatherings of 10+ people, under Governor Baker's March 23, 2020 COVID-19 Order #13, municipalities are exempted and may convene Town Meeting. <https://www.mass.gov/doc/march-23-2020-essential-services-and-revised-gatherings-order/download>

What precautions are being taken?

- Town Meeting will be held in the Hartwell parking lot on the Lincoln School campus allowing for social distancing and handicapped accessibility. A large tent will provide shade for those who need it.
- The Meeting warrant has been reduced to budget and capital items only. (NOTE: Because a new warrant was signed, there is no need for a Special Town Meeting. The Lincoln School project article is now part of the regular warrant.)
- Presenting committees will provide virtual presentations, including opportunities for community questions, in advance of the Meeting. All presentations are available on the Town website, <https://www.lincolntown.org/1116/2020-Annual-Town-Meeting>
- The Town Election will also be held outdoors at the same location; In-person voting is limited to the hours of Noon – 4:00pm.
- Early voting and absentee voting are both allowed and encouraged!

What can voters expect when they arrive at Town Meeting?

- Check-in will begin at 8:15am.
- Masks are mandatory for all workers and attendees; gloves strongly encouraged; social distancing guidelines will be enforced.
- To reduce meeting time, 19 of the 22 Articles are part of the Consent Calendar.
- Residents are respectfully asked to participate in the virtual presentations prior to Town Meeting. Boards and Committee will work to summarize and answer questions prior to Town Meeting.
- Please stay tuned for more detailed information which will be publicized via LincolnTalk and the Lincoln Squirrel.

Safer at Home

By *Tricia McGean, Lincoln's Public Health Nurse*



By now, I hope everyone reading this newsletter has settled into our stay at home routine. As many of you know, on May 18, 2020, Governor Baker announced his four phase approach to opening up the State to allow us to safely return to some aspect of normalcy. Will this be our new normal? For now, yes. But it will not be forever! As we move forward through these phases of recovery, please keep that in mind that this is temporary. Yes, wearing a mask when you are outside in public is not comfortable, but it is what we must do for ourselves and our community to prevent further spread of this insidious virus which can be spread even when a person is asymptomatic.

The Dept of Public Health has updated their Stay at Home Advisory to a Safer at Home Advisory. The advisory encourages those 65 and over and people with underlying medical conditions to stay at home because it is SAFER AT HOME. Every time you leave your home, you are putting yourself at risk for being exposed to the virus. I get many calls asking me, “I’m nervous/scared/anxious that I will get the coronavirus. What can I do to help lessen my chances?” Stay at home. It’s safer at home. If you need medication or food delivery, contact the COA as we have many volunteers eager to help. They have been trained in infection control and can provide delivery to your front door.

If you have a garden that is looking for love, head outside and get your hands dirty. It’s ok! Listen to the birds, smell the apple blossoms, take in that Vitamin D. If you have to go out in a public area, make sure you are wearing a facial covering that covers your nose and chin. The top part of the mask should be up near the bridge of your nose and the bottom part under your chin. By wearing a mask in public, you are saying, “I care about you—my neighbor, my friend, my grocery store clerk.” A cloth mask may not prevent you from getting COVID19, but it will help prevent further spread if you unknowingly have the virus. The importance of frequent hand washing cannot be overstated as one of the most important ways to keep yourself healthy.

So be a good neighbor and reach out to one another. We will get through this and we will be gathering together soon to share our pandemic stories. Hang in there Lincoln and do what you can do to help slow the spread of the virus.

Update on The Council on Aging’s Programs and Services

We continue to offer the social services noted below by phone, so if you need assistance getting groceries or medication, or if you are feeling lonely or anxious and need someone to talk to, or if you are in financial difficulty, or have other concerns or issues, please call us at (781) 259-8811. At the same time, we are working with the Town to determine the best way and when to re-open Bemis Hall to the public safely and hope to do so in the coming weeks. We are offering many of our activities online and you can find them within this newsletter.

Information and Referral/Care Management Answers to questions about and assistance in evaluating in-home care needs and locating elder services, well-being check-ins, crisis intervention, and more. We are unable to provide names of agencies offering services that are not elder-related or of individuals instead of agencies.

Emergency Financial Assistance for those with difficulties paying rent, utility, or other essential bills.

Minuteman SHINE (Serving Health Information Needs of Everyone) Counselors give help regarding Medicare, including plans and benefits, medical bills and long-term care needs.

Meals on Wheels (Minuteman Senior Services) Home-delivered meals..

Medical Equipment Loans of walkers, canes, wheel chairs, tub benches, shower chairs, and more. Please call the COA to make an appointment for a contactless pick-up.

Veterans Services The Veterans’ Services Officer (VSO) is an advocate for Lincoln’s veterans and their dependents. The VSO can assist veterans with questions about their state and federal veteran benefits and services. The VSO can also help veterans apply for those benefits. Lincoln’s Veterans Services Officer, Peter Harvell, can also be reached by email at Lincolnveterans@lincolntown.org

The COA’s Trip to see 1776 Scheduled for June 10 Has Been Postponed



FOR YOUR WELL BEING



Chat with Tricia McGean, Lincoln's Public Health Nurse



Do you have questions about COVID-19, whether about its prevention, transmission, symptoms, or treatment? Are there other concerns you have about seasonal health issues such as ticks and Lyme disease or EEE? Do you have general health questions? Join Tricia on **June 10 at 10 am via Zoom!** Tricia will answer your questions and provide you with accurate and science-based information. To attend, email bottumc@lincolntown.org. Advance registration required.

Free Beginning Meditation

Come one and all to a free Beginners Meditation session to be held **via Zoom on June 19 at 2 pm for a half-hour**. Please join us if you're wondering what others find in meditating. Meditation opens the channels of our natural states of peace, joy, health, and aids in decreasing the negative effects of aging. Experienced meditation teacher Lynne LaSpina will begin each session with a few minutes of stretching muscles to relax, and breathing exercises to help focus before meditating for about 10 minutes. You must sign up in advance by emailing bottumc@lincolntown.org.

Support Group for Those Who Have Lost Loved Ones During the Pandemic

The loss of a loved one is hard at any time. But for people who have suffered losses during the COVID pandemic, social distancing and stay at home advisories have made mourning even more difficult. Most religions build in practices to offer support to the mourner. And outside of formal religions, friends will gather round to support the person as well. Funerals, wakes, visitation hours allows friends and families to come together to help mourners in the aftermath of the death but with the COVID crisis these may be delayed or may not happen at all. So dealing with deaths now is especially difficult. The COA invites you to join a new support group for those who have lost a loved one during the pandemic. The group will be held **via Zoom on Tuesday afternoons at 1 pm for four weeks beginning June 5**. Claire Gerstein, LICSW, a social worker with many years experience helping people cope with loss, will lead the group. To sign up for the group, please contact bottumc@lincolntown.org.

Play Feel Good Bingo Online and Learn More about Depression!



Feel Good Bingo is a game where you learn more about the signs, symptoms, and treatment options for depression, whether you are feeling blue yourself, or have a friend or family member who might need some help, or whether you just enjoy bingo! Depression is similar to other disorders, such as diabetes or heart disease. They all can be influenced by lifestyle and the ups and downs of life. There is also a genetic factor to these illnesses, meaning you may be more susceptible to them if your parents, grandparents, brothers, or sisters have them. To play, just email Abby Butt at butta@lincolntown.org, and she will send you a special bingo card. Then, tune in with **Zoom on June 17 at 1 pm** and Abby will show you a picture that illustrates some aspect of depression and talk about it a bit. If you have the picture on your card, just cover it up and when you have a straight line, "raise your hand" and let Abby know you have Bingo! We will award prizes! If you notice that you or someone you care about has experienced the symptoms described in the game – for a significant period of time – tell your doctor, a social worker, a trusted friend, or a health care provider or call the COA at (781) 259-8811 or email Abby at the email address above.

COA and Parks and Rec Classes Online!

The COA and Parks and Rec are pleased to offer our fitness classes online! To use videos of the COA's Stretch and Flex, Active Aging, and Line Dancing classes, go to <http://www.lincolntown.org/132/Council-on-Aging>. For information on the many classes and other activities offered online by Parks and Rec, please go to <https://www.lincolntown.org/206/Parks-Recreation>.



Do You Need Emotional Support During This Time?

Many people are finding that the Coronavirus public health emergency is making them feel more anxious, sad, or lonely. You are not alone and the COA would like to help! We are now able to offer emotional support with telehealth phone sessions with a counselor from Eliot Human Services through our mental health clinics funded by the Lincoln Board of Health, First Parish, and St. Anne's or Zoom support groups led by our COA staff. Please call the COA at (781) 259-8811 or email bottumc@lincolntown.org.

Progressive Muscle Relaxation

By Catherine Collins, RN, MS



Progressive relaxation is a relaxation technique that allows you to tense and relax your muscles so that you can feel the difference between your body at rest, and your body in a state of tension. (Use CAUTION with neck, back, knee and shoulder injuries, high blood pressure, and cardiac disease)

Face Wrinkle up muscles of face, your forehead is wrinkled, eyes squinted, your mouth is in a straight line and your jaw is tense.

Arms and Fists Curl both fists and tighten your upper forearm, lower forearm. Hold for count of 7. Relax. Take 3 slow deep breaths. Tighten and relax again. Repeat the breaths.

Neck / Shoulders Turn your head to right, then left, noting any tension. Bring your head to center, tilting it forward; pressing your chin against your chest. Feel the tension in your throat, the back of your neck. Relax, allowing your head to return to a comfortable position. You may roll your head in a circle, first one direction, then the other. **Breathe 3 times.** Let the relaxation deepen.

Now shrug your shoulders up over your ears. Keep the tension as you hunch your head down between your shoulders. **Hold for count of 7.** Let your shoulders drop back into place and feel the relaxation spreading through your neck, throat and shoulders. Breathe 3 times and repeat the sequence.

Chest and Lungs Feel any heaviness in your chest. Now breathe in and fill your lungs completely. Hold your breath for a count of 7. Notice any tension in your chest. Now exhale with a whooshing sound and let your chest become loose. Take 3 deep breaths.

This time, arch your shoulders back, touching the tips of your scapula. Take a deep breath into your chest. **Hold for 7,** relax, breathing out through your belly. Repeat.

Abdomen Next, tighten in your stomach and hold. Note the tension, and then relax. Now place your hand on your stomach. Breathe deeply into your stomach, pushing your hand up. Hold, and relax. Feel the contrast of relaxation as the air rushes out, and your hands relax into their original position.

Legs, hips and buttocks Straighten legs and point toes toward face. Tighten, hold for 7, relax the legs and take 3 deep breaths. Straighten your legs and curl your toes, tightening calves, thighs and buttocks. Repeat **hold for 7 counts** and relax. **Take 3 deep breaths.**

From Catherine's Resource Packet. For more information, contact Catherine at collinscatherine655@gmail.com.

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Tips on the Proper Use of Masks and Face Coverings

There are many things that you can do to help protect yourself and others from becoming infected with COVID-19. People who show no symptoms of illness may still be able to spread COVID-19. A face covering may help prevent you from spreading COVID-19 to other people.

- A face covering can include anything that covers your nose and mouth, including dust masks, scarves and bandanas.
- Do not use health care worker masks, such as the N95 masks - those should be preserved for healthcare workers.
- It is important that you wear these face coverings or masks in situations where it is difficult to maintain a social distance of six feet from others. For example, in a pharmacy or grocery store.

When you wear a cloth mask, it should:

- Fit snugly but comfortably against the side of the face,
- Be secured with ties or ear loops,
- Include multiple layers of fabric,
- Allow for breathing without restriction, and
- Be able to be laundered and machine dried without damage or change to shape.

When putting on and taking off a mask, do not touch the front of it, you should only handle the ties or ear straps, and make sure you wash the cloth mask regularly. Wash your hands or use hand sanitizer after touching the mask.

Cloth masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

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WHAT YOU NEED TO KNOW

Have a Conversation with a Select(man)



Residents of all ages are invited to a “Conversation with a Select(man)” on **June 12 at 2 pm via Zoom!** Join Board of Selectmen Chairperson Jennifer Glass to get the latest updates, ask your questions, and give your ideas! For information on how to join in, please contact Jennifer at selectmen@lincolntown.org prior to the meeting.



SPEND TIME WITH OTHERS



French Conversation Brush up on your French speaking skills the **second and fourth Monday of each month at 9:30 am via Zoom!** For more information or to sign up, email bottumc@lincolntown.org

Russian Conversation Group Come brush up on your Russian by speaking it with others on the **first and third Wednesdays from 11 to 12:30 pm via Zoom.** To join the group, please contact bottumc@lincolntown.org.

Lincoln Men’s Coffee via Zoom 8:30 to 10 am, every second and Fourth Thursday of the month. Bagels, cream cheese, and lox, doughnuts, coffee and camaraderie—a great chance to catch up with buddies and make new friends. To sign up, please email bottumc@lincolntown.org.

German Conversation Come enjoy speaking German **virtually (Zoom or teleconference) on the first, third, and fifth Fridays at 10:00 am.** If interested, contact bottumc@lincolntown.org.



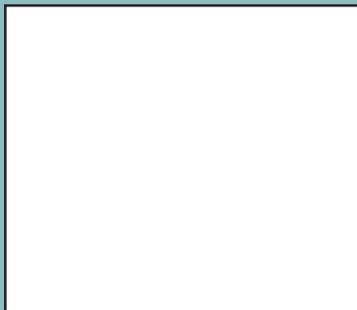
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Lincoln History Trivia Quiz, Part II

By Jack MacLean

How much do you REALLY know about Lincoln history? Find out with this history quiz compiled by Jack MacLean! You can make it a family activity by taking it together and awarding a prize to whoever gets the most questions right!



Questions

1. How many British Regulars—also killed in the fighting at “Bloody Angle”—are buried in Lincoln’s Lexington Road Cemetery?
2. What did Daniel Brown and brothers Joseph Mason, Jr., and Elijah Mason have in common?
3. During the Revolution, Lincoln’s highest-ranking officer attained the rank of Brigadier-General; who was he?
4. During the War of 1812, James Miller became a national hero when he successfully led an attack in the Battle of Lundy’s Lane in New York. He was appointed a brigadier-general and awarded the Congressional Gold Medal in 1814. This Congressional Gold Medal winner had married in Lincoln, and he lived here for a number of years. In what house did he live?
5. General Miller became the first governor of Arkansas Territory, and he then served for about 25 years as the Collector of Customs at the Salem Custom House; in connection with his work in Salem, this former Lincoln resident was referred to in the lengthy Introductory to what nineteenth-century novel?
6. During World War I, Major-General Harry Hodges served as the first commander of Fort Devens, and then he commanded the 76th Infantry Division in France, for which service the President awarded him the Distinguished Service Award.
Growing up, Hodges spent his summers in Lincoln in the 1852 Austin-Hodges House. Where is this house, owned by the Hodges family from 1860 to 1932?
7. In 2019, Lincoln’s Patricia Warner received an award for her service as a spy in Spain for the Office of Strategic Services during World War II, including collaborating with the French resistance. What was the award?
8. In 1880 women were given the right to vote for School Committees in Massachusetts, and three Lincoln women registered, although only one of them actually voted for the School Committee that March. Who was this first woman voter in Lincoln?
9. Elizabeth (Dana) de Cordova’s father, Thomas Dana, operated a Boston dealership in groceries and West India goods; who was Dana’s partner in this wholesale business?
10. BONUS QUESTION: In which Town department is a 9th-great-grandchild of William Hartwell—yes THAT William Hartwell of the Hartwell Campus — currently employed?

Answers

1. Five
2. They were the musicians for the Lincoln Minute Man Company on April 19, 1775 (Brown, drummer; the Masons, fiers)
3. Eleazer Brooks
4. The Flint Homestead on Lexington Road (Miller had married Lincoln’s Ruth Flint in 1803.)
5. The Scarlet Letter by Nathaniel Hawthorne
6. The stone house at 83 Lincoln Road, just north of Mackintosh Lane
7. The Congressional Gold Medal
8. Elizabeth (Dana) de Cordova
9. Lincoln native George Grosvenor Tarbell, donor of the Lincoln Library
10. BONUS QUESTION: Why the COA, of course!